



Mississauga's Premiere Pilates Studio

2012 Class Schedule

MONDAY	7:00 a.m. (Bernadette) 9:30 a.m. (Danyelle) 4:30 p.m. (Kelsey) 5:30 p.m. (Kelsey) 7:00 p.m. (Evelyn)	Pump up Pilates (starts Jan 16th) V2max Reformer with Props Pre-Teen Pilates Matwork Bootcamp Equipment Bootcamp
TUESDAY	7:00 a.m. (Kelsey) 10:30 a.m. (Evelyn) 12:00 p.m. (Connie) 6:00 p.m. (Bailie) 8:00 p.m. (Danyelle)	Pump up Pilates (starts Jan 17th) V2max Reformer with Props Equipment Bootcamp Matwork Bootcamp Equipment Bootcamp
WEDNESDAY	8:00 a.m. (Bernadette) 9:00 a.m. (Dervola) 7:00 p.m. (Donna) 8:00 p.m. (Kelsey)	Equipment Bootcamp Matwork Bootcamp Equipment Bootcamp Pilates Barre (starts Jan 18th)
THURSDAY	7:00 a.m. (Connie) 9:30 a.m. (Danyelle) 7:00 p.m. (Bernadette) 8:00 p.m. (Bernadette)	Pump up Pilates (starts Jan 19th) Matwork Bootcamp Pilates Barre (starts Jan 19th) V2max Reformer with Props
FRIDAY	8:30 a.m. (Evelyn) 9:30 a.m. (Evelyn)	Equipment Bootcamp Equipment & Mat Bootcamp
SATURDAY	8:30 a.m. (May) 10:30 a.m. (Bernadette)	Matwork Bootcamp Cardio Jump

Please Note:

Instructors & class times are subject to change.

15 Mat classes for \$311.25

15 Equipment classes for \$414.00

(plus HST)

Discount available when attending 2 or more classes per week

Class Descriptions

<u>Mat-Based Classes</u>	<u>Equipment-Based Classes</u>
Mat classes have a maximum 6-8 clients	Equipment classes have a maximum 5 clients
<p><u>Matwork Bootcamp</u>- This class will use alternating sets of Matwork exercises with a variety of resistance and balance tools. Interval style training will help you break through plateaus as well as improve strength and endurance.</p> <p><u>Pilates Barre</u>- Ballet meets STOTT PILATES® in this body sculpting class. Small props will enhance your ballet moves while you strengthen and stretch to music.</p> <p><u>Pump Up Pilates</u>- There is no better way to start your day than with this 45 minute early morning workout! Matwork with props and interval style training to music will leave you feeling strong and limber.</p> <p><u>Pre-Teen Pilates</u>- STOTT PILATES® for ages 8-12. Ideal for overall strength and flexibility, or sports specific conditioning.</p>	<p><u>Cardio Jump</u>- A combination of Jumpboard intervals combined with challenging Reformer and V2Max exercises will be sure to warm your muscles and get your heart rate up!</p> <p><u>Equipment Bootcamp</u>- Feeling like a challenge? This class is for you! Burn more calories using interval training with STOTT PILATES® repertoire. You will take what you know in a new direction to gain strength while improving your cardio.</p> <p><u>Equipment and Mat Bootcamp</u>- The combined challenge of Matwork and Equipment with interval style training.</p> <p><u>V2Max Reformer with Props</u>- A new twist on the V2Max using your favourite small equipment. By incorporating the stability cushion, BOSU® Balance Trainer, mini-stability ball, fitness circle and more this class is sure to be a hit.</p>